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(54) Process for preparing low-fat fried type food using gellan gum

Verfahren zur Herstellung von fritiert-ähnlichen fettarmen Nahrungsmitteln auf Basis von Gellan

Procédé de préparation d'aliments d'aspect frits à faible teneur en graisse utilisant du gellan

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Description

BACKGROUND OF THE INVENTION

- 5 [0001] The invention relates to a process for preparing low-fat fried type food.
- [0002] It is well known to form a film around food products such as seafood, meat, poultry, vegetables, cheese and dough products for effective results with respect to shelf life and product integrity. Earle et al., United States Patent 3,255,021 and Earle United States Patent 3,395,024 exemplify the prior art process of using two solutions to form an alginate film which will hold and bind products together and encapsulate same, thereby retarding oxidation, rancidity, dehydration and moisture migration.
- 10 [0003] Earle et al., United States Patent 4,504,502 describes a food product made by applying an aqueous dispersion containing water soluble algin to the surface of a food substrate, and applying a dry gelling mixture to the algin-coated food substrate for a period of time sufficient to form a substantially continuous edible film along the surface of the food product.
- 15 [0004] Gerrish et al., European Publication 487,340, describe a procedure for frying potatoes, chicken, egg rolls, and dough which requires precoating the food with low molecular weight pectin, methylcellulose, and alginate hydrocolloids.
- [0005] PCT/US93/05611 discloses a battered and breaded food product coated with a composition comprising gellan gum.
- [0006] JP-62115232 discloses a process for making bread from a dough comprising gellan gum.
- 20 [0007] JP-63169945 discloses a dough product or batter comprising gellan gum, and intended for fried food.
- [0008] Food Technology, vol. 37, n° 4, 1983, pages 63-70, by G. Sanderson and R. Clark, mentions major food areas and types of products in which gellan gum has potential applications; there is more particularly disclosed an icing composition for doughnuts, which comprises 0.3% w gellan gum.

25 **SUMMARY OF THE INVENTION**

- [0009] According to the present invention, low-fat "fried type" food is prepared according to a procedure which involves coating the food substrate with the high molecular weight hydrocolloid gellan gum and xanthan gum. The coated food is then cooked by frying, conventional oven cooking, or microwave cooking.
- 30 [0010] Generally, the present invention is a procedure for preparing cooked foods which involved the use of gellan gum and xanthan gum to impart food qualities which are typically associated with fried foods, including crispness and juiciness. Food products resulting from the procedure of the present invention contain low levels of fat and yet have the desirable qualities of fried foods.

35 **DETAILED DESCRIPTION OF THE INVENTION**

- [0011] Unless otherwise indicated, terminology used to describe the process should be understood to have their usual meaning as understood by those skilled in the art.
- [0012] "Heated" or "Heating" refers to a process of temperature elevation of a food substrate which may or may not rapidly and irreversibly substantially modify the molecular conformation of the food substrate.
- 40 [0013] "Cooked" or "Cooking" refers a process for rapidly and irreversibly substantially modifying the molecular conformation of a food substrate by temperature elevation.
- [0014] "Fried" or "Frying" refers to a cooking process whereby the temperature of the food substrate is elevated in the presence of a fat or fatty acid substance, including butter and various oils, whereby the fat or fatty acid substances are incorporated into the food substrate.
- 45 [0015] "Blanched" or "Blanching" refers to a process of exposing a food substrate to heating conditions which modify the food substrate surface but do not cook or irreversibly substantially modify the overall molecular conformation of the food substrate.
- [0016] "Dried" or "Drying" refers to a procedure whereby the temperature of the food substrate is elevated in order to evaporate excessive moisture on the surface of the food substrate, but not to irreversibly substantially modify the overall molecular conformation of the food substrate.
- 50 [0017] "Baked" or "Baking" refers to a process of temperature elevation of a food substrate resulting in a dried, hardened food product.
- [0018] In one embodiment, the invention is a process for preparing a low-fat fried-type food comprising:

- 55 a) heating a mixture of water, vegetable oil, gellan gum, xanthan gum, and flavoring to a temperature between 70-110°C, preferably wherein the amount of gellan gum in the mixture is between about 0.1 and 1.0%, the amount of xanthan gum in the mixture is between about 0.05 and 0.5%, and the amount of vegetable oil is between about 12

and 25%.

b) adding sodium salt to the heated mixture;

c) boiling the salt-containing mixture;

d) blanching a food substrate in the boiling mixture; and

5 e) heating the blanched food substrate, preferably drying or cooking the blanched food substrate, in a conventional oven or cooking. Thereafter, the heated blanched food substrate is optionally frozen and reconstituted by cooking in a conventional oven or a microwave oven.

[0019] In another preferred embodiment, the invention is a process for preparing a low-fat fried type food comprising:

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a) mixing water, flour, dextrose, non fat milk solids, sodium salt, starch, xanthan gum and gellan gum to form a gellan gum/xanthan gum batter preferably wherein the amount of gellan gum in the batter is between about 0.05 and 1.0% and the amount of xanthan gum in the batter is between about 0.05 and 1.0%;

b) coating a food substrate with the batter, and

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c) baking the coated food substrate in a conventional oven.

Food substrates

[0020] Food substrates include, for example, seafood, meat, poultry, vegetable, e.g. onions, potatoes, green peppers, zucchini, and squash, fruits, combinations or dough-enrobed products. The dough products may include pizza, burritos, tortillas, egg rolls, pie crust and the like.

[0021] Typically, the procedure of the invention is used to prepare chicken, fish, cheese, vegetables, potatoes, and dough-enrobed items such as egg rolls and pizza rolls.

[0022] Xanthan gum is an extracellularly produced gum made by the heteropolysaccharide-producing bacterium *Xanthomonas campestris* by whole culture fermentation of medium comprising a fermentable carbohydrate, a nitrogen source and other appropriate nutrients. Examples of commercially available xanthan gum are KELTROL® T, KELTROL® F, KELTROL® GM, KELZAN® AR and KELZAN®, available from Kelco Division of Merck & Co., Inc. Processes for producing xanthan gum are described in a number of patents including United States Patents 4,316,012, 4,352,882 and 4,375,512.

[0023] Gellan gum is a heteropolysaccharide prepared by fermentation of *Pseudomonas elodea* ATCC 31461. An example of commercially available gellan gum is KELCOGEL®, available from Kelco Division of Merck & Co., Inc. Processes for preparing gellan gum include those described in United States Patents 4,326,052 and 4,326,053.

[0024] The process of the present invention may be effected using standard batter and breadmaking machines and other existing equipment to achieve the desired results of the process.

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EXAMPLE 1

LOW-FAT OVENABLE/MICROWAVEABLE FRENCH FRIES USING KELCOGEL GELLAN GUM AND KELTROL GM XANTHAN GUM

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[0025] This formula uses KELCOGEL and KELTROL GM to evenly coat and distribute a thin film of oil on French fries. Raw potatoes are not fried, but blanched and then baked in a convection-type oven and frozen. Upon reconstitution in a microwave or convection oven a crisp product is obtained which has a fat content of 5% or less.

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INGREDIENTS	GRAMS	PERCENT
Water	468.50	93.70
Vegetable oil	23.50	4.70
Fried flavor (OM ingredients)	2.50	0.50
KELCOGEL gellan gum	2.50	0.50
Salt	2.00	0.40
KELTROL GM xanthan gum	0.50	0.10
Sodium citrate dihydrate, fine granular (H&R)	0.50	0.10

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INGREDIENTS	GRAMS	PERCENT
	500.00 g	100.00%
Potatoes, freshly peeled and cut int. French fries	200.00	.00

PROCEDURE

[0026]

1. Add water, vegetable oil and sodium citrate to a 1 liter container.
2. Dry blend KELCOGEL, KELTROL GM and fried flavor. Add to a liquid mixture and mix using high shear mixer.
3. Heat mixture to 190°F (88°C) under constant agitation.
4. Dissolve salt in small amount of water and slowly add to hot mixture.
5. Transfer hot solution to another container and bring to a boil. Add cut potatoes to solution and blanch for 2 minutes.
6. Remove blanched potatoes and dry in convection oven @ 375°F (191°C) for 10 minutes, or until golden brown.
7. Remove French fries from oven and place in freezer.
8. French fries can be reconstituted in convention oven @ 350°F (177°C) for 5-7 minutes, or microwaved on high for 1-2 minutes. If microwaved, a microwave susceptor board will enhance crispness.

[0027] Haarmann & Reimer Corp. (H&R) Food Ingredients Division, P.O. Box 932, Elkhart, IN 46515-0932
 [0028] OM Ingredients, 800 Horizon Center Blvd., Memphis, TN 38133

EXAMPLE 2

OVENABLE BATTER USING KELCOGEL GELLAN GUM

[0029] This batter is designed for products which are baked instead of fried. It may be used on chicken, fish, cheese, vegetables and any other battered and breaded item. During the baking process gellan gum forms a film which gives the appearance of a fried product.

INGREDIENTS	GRAMS	PERCENT
Water	413.60 g	82.72%
Wheat flour	25.00	5.00%
Dextrose	20.00 g	4.00%
Milk solids, nonfat	13.00 g	2.60%
Salt	10.00 g	2.00%
Corn flour	10.00 g	2.00%
Starch, modified to LO-TEMP 452 (Staley)	5.00 g	1.00%
KELTROL F xanthan gum	1.50 g	0.30%
KELCOGEL gellan gum	1.00g	0.20%
Sodium citrate	0.50 g	0.10%

(continued)

INGREDIENTS	GRAMS	PERCENT
Caramel color RT175 (Sethness)	0.40 g	0.08%
TOTAL	500.00 g	100.00%

[0030] Optional ingredients include the use of bread crumbs, such as predusts or coarse type crumbs, preferably #8 mesh. PROCEDURE:

1. Mix all dry ingredients together thoroughly in a mixing bowl.
2. Add water and mix for 2-3 minutes using wire whisk.
3. Use batter as in normal manner to prepare battered and breaded products.
4. Bake coated products in oven @ 375°F (191°C) for 7-10 minutes or until done.

[0031] Note: Baking times will vary depending on the type of product being coated (i.e. chicken, fish, cheese etc.), and type of oven used.

Claims

1. Process for preparing low-fat-fried-type food comprising:

- a) heating a mixture of water, vegetable oil, gellan gum, xanthan gum, and flavoring to a temperature between 70°C and 110°C;
- b) adding sodium salt to the heated mixture;
- c) boiling the salt-containing mixture;
- d) blanching a food substrate in the boiling mixture; and
- e) heating the blanched food substrate.

2. Process according to claim wherein the amount of gellan gum in the mixture is between 0.1 and 1.0% by weight, the amount of xanthan gum in the mixture is between 0.05 and 0.5% by weight, and the amount of vegetable oil is between 12 and 25% by weight.

3. Process according to claim 1 wherein the blanched food substrate is dried by heating in a conventional oven.

4. Process according to claim 1 wherein the blanched food substrate is cooked by heating in a conventional oven.

5. Process according to claim 1 wherein the heated blanched food substrate is (a) frozen and (b) reconstituted by cooking in a conventional oven or a microwave oven.

6. Process for preparing low-fat-fried-type food, comprising:

- a) mixing water, flour, dextrose, non fat milk solids, sodium salt, starch, xanthan gum and gellan gum to form a gellan gum/xanthan gum batter;
- b) coating a food substrate with the batter; and
- c) baking the coated food substrate in a conventional oven.

7. Process according to claim 6 wherein the amount of gellan gum in the batter is between 0.05 and 1.0% by weight and the amount of xanthan gum in the batter is between 0.05 and 1.0% by weight.

8. Process as claimed in any of claims 1-6 wherein the cooked product has a fat content of 5% w/w or less.

Patentansprüche

1. Verfahren zum Herstellen fettarmer Nahrungsmittel gebratener Art, umfassend:

- a) Erhitzen eines Gemisches aus Wasser, Pflanzenöl, Gellan-Gummi, Xanthan-Gummi und Geschmacksstoff auf eine Temperatur zwischen 70°C und 110°C;

- b) Zugabe von Natriumsalz zu dem erhitzten Gemisch;
- c) Sieden des Salz enthaltenden Gemisches;
- d) Blanchieren eines Nahrungsmittelsubstrats in dem siedenden Gemisch; und
- e) Erhitzen des blanchierten Nahrungsmittelsubstrats.

2. Verfahren gemäß Anspruch 1, wobei die Menge an Gellan-Gummi in dem Gemisch zwischen 0,1 und 1,0 Gew.-% liegt, die Menge an Xanthan-Gummi in dem Gemisch zwischen 0,05 und 0,5 Gew.-% liegt und die Menge an Pflanzenöl zwischen 12 und 25 Gew.-% liegt.
3. Verfahren gemäß Anspruch 1, wobei das blanchierte Nahrungsmittelsubstrat durch Erhitzen in einem herkömmlichen Ofen getrocknet wird.
4. Verfahren gemäß Anspruch 1, wobei das blanchierte Nahrungsmittelsubstrat durch Erhitzen in einem herkömmlichen Ofen zubereitet wird.
5. Verfahren gemäß Anspruch 1, wobei das erhitze, blanchierte Nahrungsmittelsubstrat (a) eingefroren wird und (b) durch Zubereiten in einem herkömmlichen Ofen oder einem Mikrowellenherd wiederhergestellt wird.
6. Verfahren zum Herstellen fettarmer Nahrungsmittel gebratener Art, umfassend:
 - a) Mischen von Wasser, Mehl, Dextrose, fettfreier Milchtrockenmasse, Natriumsalz, Stärke, Xanthan-Gummi und Gellan-Gummi, um einen Gellan-Gummi/Xanthan-Gummi-Teig zu bilden;
 - b) Überziehen eines Nahrungsmittelsubstrats mit dem Teig; und
 - c) Backen des überzogenen Nahrungsmittelsubstrats in einem herkömmlichen Ofen
7. Verfahren gemäß Anspruch 6, wobei die Menge an Gellan-Gummi in dem Teig zwischen 0,05 und 1,0 Gew.-% liegt und die Menge an Xanthan-Gummi in dem Teig zwischen 0,05 und 1,0 Gew.-% liegt.
8. Verfahren wie in einem der Ansprüche 1-6 beansprucht, wobei das zubereitete Produkt eine Fettgehalt von 5 Masse/Masse-% oder weniger aufweist.

Revendications

1. Procédé de préparation d'un aliment d'aspect frit à faible teneur en matières grasses comprenant :
 - a) le chauffage d'un mélange d'eau, d'huile végétale, de gomme de gellan, de gomme de xanthane et d'un agent de sapidité jusqu'à une température entre 70° C et 110° C,
 - b) l'ajout de sel de sodium au mélange chauffé,
 - c) la portée à ébullition du mélange contenant du sel,
 - d) le blanchiment d'un substrat alimentaire dans le mélange en ébullition, et
 - e) le chauffage du substrat alimentaire blanchi.
2. Procédé selon la revendication 1, dans lequel la proportion de gomme de gellan dans le mélange est entre 0,1 et 1,0% en poids, la proportion de gomme de xanthane dans le mélange est entre 0,05 et 0,5% en poids, et la proportion d'huile végétale est entre 12 et 25% en poids.
3. Procédé selon la revendication 1, dans lequel le substrat alimentaire blanchi est séché par chauffage dans un four classique.
4. Procédé selon la revendication 1, dans lequel le substrat alimentaire blanchi est cuit par chauffage dans un four classique.
5. Procédé selon la revendication 1, dans lequel le substrat alimentaire blanchi chauffé est (a) congelé et (b) reconstitué par cuisson dans un four classique ou un four à micro-ondes.
6. Procédé de préparation d'un aliment d'aspect frit à faible teneur en matières grasses comprenant :
 - a) le mélange d'eau, de farine, de dextrose, d'extraits secs de lait dégraissé, de sel de sodium, d'amidon, de